

News Release



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First-Day Hikes Open to All

Hey California!! Let's Go for a New Year's Day Hike!!

California State Parks has eagerly joined America's State Parks to offer First-Day Hikes on January 1, 2012.

California State Parks is offering 25 different hikes in 20 State Parks across California, from Anza-Borrego Desert State Park in Southern California to McArthur Burney Falls Memorial State Park on the northern end of the state. Those hikes range from easy to strenuous, from about a half-mile to nine miles.

How do you find the right place and the right hike for you? Go to www.americasstateparks.org and look for the First-Day Hikes emblem. Click on it, select your state and then select the park you would prefer. The good part is that these are all guided hikes with a State Park guide that can explain where you're going and what you're seeing.

"What better way to kick off the New Year than with a hike at a state park?" said Ruth Coleman, Director of California State Parks. "Think of it as the start of a new and healthy lifestyle for the whole family."

Come on!! Think about it. We have all been eating and eating and sitting on the couch and we need to find our motivation and get moving, right?? Yes!! So we have a way to do it that will take you through some of the most beautiful places the Golden State has to offer and make the hike seem more like an experience in nature's wonders, than exercise.

Here's a sampling of the parks and the unique natural and cultural treasures that await you: Towering redwoods at Big Basin State Park near Santa Cruz, the very best view of the San Francisco Bay as seen from Angel Island, the beach and tide pools adjacent to the Los Trancos Historic District at Crystal Cove State Park near Newport Beach, where Russians put their first settlement on the shores of California at Fort Ross State Historic Park, the beautiful lakeside surroundings of Lake Oroville State Recreation Area, and a place where President Teddy Roosevelt looked at the falls and said it is one of the wonder of the world. You will regret not going. ###

For energy efficient recreation –
California State Parks on the Internet: www.parks.ca.gov>

